

Title of Material: \_\_\_\_\_

Publisher: \_\_\_\_\_

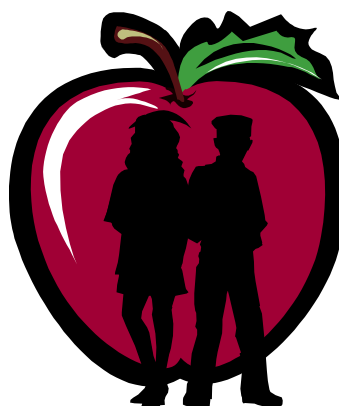
Reviewer: \_\_\_\_\_

Percentage of Standards: \_\_\_\_\_

**Grade Five--possible 23 (content knowledge & skills)**  
(Number of Yes checks divided by 23 = percentage)

# Idaho Achievement Standards

## Health for **Grade Five**



**813 HEALTH STANDARDS – GRADE FIVE, SECTIONS 814 THROUGH 818.**

**814 HEALTHY LIFESTYLES.**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Explain the importance of an active lifestyle leading to life-long health.	Indicate Page No.	
	b. Describe characteristics and causes of diseases and disorders.	Indicate Page No.	
	c. Describe basic first aid and safety rules.	Indicate Page No.	
	d. Identify emotions that accompany physical growth and development.	Indicate Page No.	
	e. Identify the effects of substances and their use and abuse.	Indicate Page No.	
	f. Identify the strategies for developing healthy eating habits.	Indicate Page No.	
	g. Recognize factors that affect growth and development.	Indicate Page No.	
	h. Identify environmental health issues and their relationship to a healthy lifestyle.	Indicate Page No.	

**815 RISK-TAKING BEHAVIOR**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Evaluate healthy living habits that can reduce the risk of illness and injury.	Indicate Page No	
	b. Describe behaviors/consequences of drug use.	Indicate Page No	
	c. Identify strategies for resisting substance abuse.	Indicate Page No	
	d. Explain the impact of risky behaviors on personal and family health.	Indicate Page No.	

**816 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.**

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Explain the causes and effects of conflict in schools and families.	Indicate Page No	
	b. Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse.	Indicate Page No.	
	c. Describe how interpersonal communication skills can be used to build interactions between family, friends, and community.	Indicate Page No.	

**817. CONSUMER HEALTH.**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Explain the validity of health information, products, and services.	Indicate Page No	
	b. List ways the media influences one's thinking in relation to mental and emotional health, nutrition, and substance abuse.	Indicate Page No	

	c. Describe community factors that promote wellness, safety, and disease prevention.	Indicate Page No.	
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#### 818. MENTAL AND EMOTIONAL WELLNESS.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Identify skills that positively control and express personal emotions and feelings.	Indicate Page No	
	b. Identify and practice effective strategies for stress management.	Indicate Page No.	
	c. Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions.	Indicate Page No.	
	d. Define emotional safety.	Indicate Page No.	
	e. Identify behaviors that influence the use of alcohol, tobacco and other drugs.	Indicate Page No.	